



Senior NEWS

301-258-6380

July 2007



The Gaithersburg Upcounty Senior Newsletter

The Senior Center is open Monday - Friday 9 a.m. - 4 p.m.

Meet Our Families; Hawaiian Ice Cream Social

Wed., July 11

6:30 - 8:30 p.m.



Get out your floral clothes because we're going to have a "hookie lau" with music, dance, leis, and of course ice cream sundaes. Please use the program sheet to register yourself and your family.

Hula entertainment will be provided by Kathleen "Ku'ulei" Haller.

Deadline: Monday, July 9

Diversity Program:

International Fashion Show

Thursday, July 26

12:45 p.m.

Bring in your special-occasion clothes, especially if they have cultural significance, and tell us their history. We'll admire the fabrics, the workmanship, and the different ways to adorn the body. We'll take plenty of pictures.

Trip to the National Arboretum & Franciscan Monastery in Washington, DC Lunch at Colonel Brook's Tavern

Date: Tuesday, July 24

Depart: 9 a.m.

Return: 4:30 p.m.

Fee: \$28 (includes transportation, tours, lunch and tip)

Deadline: Friday, July 20

At 10 a.m. a guide will board the bus for a tour through the beautiful Arboretum grounds. Seasonal highlights include water-lilies, hibiscus, crape myrtle and the herb garden. We will get out at the Bonsai & Penjing Museum. At noon we will go to Colonel Brooks Tavern. Lunch



choices are on the program sheet.

After lunch we will go to the Franciscan Monastery. The Church of the Holy Sepulchre was built in the Byzantine style after Hagia Sophia in Constantinople, and is surrounded by a portico and chapels. The Catacombs are a copy of the original early Christian catacombs in Rome. There will be **lots of walking**.



Minimum: 20

Maximum: 32

Mark Your Calendar

AUG. 1

Big Fat Greek Party

AUG. 3

Trip to Brookside Gardens

AUG. 14

Senior Center Closed

Go to Montgomery County Fair

AUG. 14

Manassas Trip

SEPT. 3

Senior Center Closed

Trip to Renaissance Festival

SEPT. 5

"Titanic" at Toby's

SEPT. 16

Kalorama House/Embassy Tour

OCT. 1

"Putting on the Ritz" at La Fontainebleau

DIRECTOR'S UPDATE



Dear Members,
We are excited to share with you that over the next several months our Center will be experiencing a variety of enhancements. These improvements will help make the facility look brighter and cheerier, but most importantly will help us to provide programming for you more effectively.

Our first priority is to upgrade the restroom facilities. The entire center will be painted, ceilings repaired, and new flooring installed. We will be modifying the billiards area to make it larger and the front desk will be reconfigured to better serve the membership while checking in or registering for classes.

Other improvements are likely. Most of the work will be done in the evenings and over the weekends, but there may be times that a room or area will be closed for a limited period. Our goal is that inconveniences will be kept to a minimum, and ask for your patience and understanding in the event that temporary interruptions occur. Thank you!

Grace

Dale Jarrett Performs

Tuesday, July 17

12:45 p.m.

Dale Jarrett's singing and piano playing will take away your summer-time blues.

MISSION STATEMENT

The Gaithersburg Upcounty Senior Center is committed to the provision of a variety of activities that encourage and support senior health, personal interest and social interaction. The foundation of the Center is based on the spirit and principles of the CHARACTER COUNTS! Program.

LECTURES

"The Healing Power of Laughter"

with Louise Stewart

Wednesday, July 18 at 12:45 p.m.

Learn how laughter can help us heal mentally, physically, spiritually and socially. Learn how to find humor in every day life. Talk about ways to get more laughter in your life. Have fun laughing and find out just how many calories you burn!

Calcium and Vitamin D for Seniors

Wednesday, July 11

12:45 p.m.

Calcium and vitamin D are needed to keep our bones strong. Broken bones are common causes of disability and loss of independence for older adults. Come hear a nutritionist explain how much of these nutrients you should have each day and how to meet your needs.

My Big Fat Greek Senior Center Party

Wednesday, Aug. 1

Fee: \$10



4 - 6 p.m.

(Movie: "My Big Fat Greek Wedding")

6 - 8:30 p.m.

Dancing & Light Refreshments

Come for the movie, and then get zesty! Entertainment will be provided by Bouzouki Nights who will play Greek, big band, swing, oldies and ethnic music. Optional: wear a toga and laurels, come dressed as your favorite god or goddess, or dress up in Greek colors (blue and white).

Deadline: Monday, July 30

The Senior News is Online!

You can now read the Senior News online.

Visit the City site:
www.gaithersburgmd.gov

WELLNESS PROGRAMS

U.S. Wellness Health Screenings

Friday, July 20
9 a.m. – 4 p.m.

Every 45 seconds, someone in America has a stroke. Often, there are no warning signs, but stroke can be prevented if symptoms are detected early enough. U.S. Wellness will offer:

- ◆ **Stroke Prevention Package** - \$129
- ◆ **Lung Function:** \$30
- ◆ **Bone Density:** \$30
- ◆ **Cholesterol and Glucose:** \$50
- ◆ **Prostate Specific Antigen:** \$50
- ◆ **ALT/AST (measures liver function):** \$50
- ◆ **CRP:** \$50
- ◆ **HbA1c:** \$30

Screenings are painless, affordable, convenient and packages range in price from \$99 to \$199. Pre-registration is highly recommended and can be done by calling 866-926-6099 or by visiting www.USWellness.com. Visa and MasterCard are accepted.

Meditation

Wednesdays
JULY 11, 18 & 25
11 a.m.

Blood Pressure Check

Get your blood pressure checked by a nurse from Shady Grove Hospital.

Date: Wed., July 25

Time: 10:30 a.m. – noon

The Nurse Is In!

Fridays

9 a.m. - 3 p.m.

Sign up that day at the front desk for HeartWell patients. Blood Pressure screening from 1-2 p.m. only.



You can meet with the nurse.

JUNE '07 Activities with Gaithersburg Chapter #5358 of AARP

Tuesday, July 10, 2007 4 - 8 p.m. Monthly Meeting

Because of renovations at the Senior Center, this meeting will be held at Casey Barns Community Center, 810 S. Frederick Ave. in Gaithersburg, near the intersection of Rte. 355& Shady Grove Rd.

4 p.m. BINGO (\$2 for 2 cards for 1½ hours)

5:30 p.m. Lite Summer Fare (wraps, cold cuts, make your own sandwiches, cold chicken, salads, choice of drinks and desserts including make your own sundaes (\$7.).

6:10 p.m. Participate in our brief business meeting.

6:40 p.m. Program (FREE): Melanie R. Polk, MMSc, Program Director for County Senior Nutritional Program, will speak on nutrition and health, as well as safe food handling. Come with your questions and concerns. **Registration for program and dinner/game payment is required by 2 p.m. on Mon., July 9th.**

COMMUNITY SERVICE: School Supplies for Needy Children. We are requesting donations to help purchase items from school lists so we can fill 80 back packs with all needed supplies. They will be given to school counselors at Brown Station, Gaithersburg Elementary, Rosemont, and Summit Hall for distribution to children whose families are unable to provide the required school supplies. **HELP US!**

CHAPTER TOUR GROUP:

Sept 4 - 9: Annual AARP Life @50+ Annual Meetings in Boston. We will travel by train, attend evening concerts, choose from many free programs and activities set up by AARP and go on optional tours AARP is offering. (\$682 excluding meals and optional tours). **Contact us now.**

Members of the Senior Center are invited to join in our trips and service projects and to attend any or all parts of our monthly Tuesday meetings which are held at the Gaithersburg Senior Center. You are welcome to register a friend for any activity. We can help with rides to meetings. Pay by cash or check at the Senior Center or mail check (made payable to Gaithersburg Chapter #5358 of AARP) by to 17605 Parkridge Dr., Gaithersburg, MD 20878. For more information on meetings, trips, or community service activities, contact Annette by phone at 301-977-7936 or e-mail annettethompsonphd@yahoo.com

ACTIVITIES AND CLASSES AT THE CENTER

July Birthdays



- 1 Marshall Armstrong
- 1 Joseph Jeffs
- 4 Helen Crown
- 4 Ilse Putman
- 4 Peggy Rothrock
- 5 Paul S. Glasser
- 6 Helen Sestito
- 7 Dhanraj Mathur
- 9 Sang Ohr
- 9 Bobby Rosenfeld
- 10 Celia Suarez
- 12 Bock Sill Yi
- 14 Marion McKee
- 14 Anne Armstrong
- 15 Rita Masonson
- 17 Sadie Nelson
- 19 Annette Thompson
- 19 Nishan Karakashian
- 20 Sonia Kolejian
- 20 Dorothy Penny
- 21 Nancy An
- 23 Dorothy Kuzminski
- 23 Chandulal Vanodia
- 25 Rita Royster
- 26 Palmyra Kimbrough
- 27 Elsie Freeman
- 27 Luella Hutchison
- 27 Carl Linthicum
- 28 Joseph Kuzminski
- 29 Carol Mullins
- 30 Geraldine Frost
- 30 Ann Kennedy

Celebrate July 25



Singing Seniors

Meet Wednesdays
June 11, 18 & 25 at 11 a.m.
Performance at Sunrise to be
announced.

Computer Classes



Free

TUESDAYS & FRIDAY

10 a.m. – noon (1 hour sessions)

Bruce Longyear offers personal attention for beginners or experienced individuals with questions.

Sign up at the front desk for these classes.

Gentle reminder: Please observe the lab rules concerning time limits, and food and drink restriction.

Computer Lab 101

Mondays, 2 - 3 p.m.

Do you know how to use the mouse, "Copy & Paste", navigate a webpage, research on the internet or use a digital camera? Get results! Bring your questions to Bruce and challenge yourself in this new internet and computer lab.

Crafts for Children's Inn at NIH

Tuesday, July 10

12:30 p.m.

Make crafts for children undergoing medical treatment at NIH. You don't have to be artistic, just willing to follow Madeline Britnell's instructions.

Core & More

Free

**Mondays and Fridays
3 p.m.**

Strength, endurance and flexibility training by Grace Whipple geared toward the active older adult.



Yoga * Adapted for Seniors

Dates: Tuesdays, June 26 - Aug. 7 (7 sessions)

Time: 11 a.m. **Fee:** \$28

Yoga poses and sequences in this class can be done on mats, seated or standing next to chairs. They increase your range of motion, improve your posture and help you gain better balance.

Minimum: 10 **Maximum:** 25

AARP - 55 Alive: Mature Driving

Dates: Friday, August 17 & 24

Time: 2:30 – 6:30 p.m.

Fee: \$10

- ◆ Learn to handle adverse driving conditions and traffic hazards.
 - ◆ Learn about the effects of aging and medication on driving.
 - ◆ You must attend both days.
- Some automobile insurance companies give you a discount.

Minimum: 10 **Maximum:** 25



Ballet for Seniors

Dates: Wednesdays,
July 11 – Aug. 1 (four sessions)

Time: 1 p.m.

Fee: \$20

Instructor Yoko Glick has taught various levels and abilities for many years.

Minimum: 8 **Maximum:** 12

CLASSES

* *Late joiners are welcome!*

Ballroom Dancing

Beginning

Dates: Tuesdays, June 12, July 10, 24 & 31

Time: 3 p.m.

Fee: \$20 (four sessions)

◆ For the beginner who has no ballroom dance experience.

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14

Intermediate

Dates: Tuesdays, June 12, July 10, 24 & 31

Time: 2 p.m.

Fee: \$20 (four sessions)

◆ Dances include: foxtrot, tango, swing, waltz, etc.

◆ No partner is necessary.

Maximum: 14



"Good Queen Bess"

Performed by Mary Ann Jung

Wednesday, Aug. 8

12:45 p.m.

England's Golden Age was named in honor of its greatest Queen, Elizabeth Tudor. This brilliant leader was the first female to rule England alone and successfully with her immense intelligence, charm, and the ability to compromise. See this show as a preview to the Renaissance Festival!

Intermediate Pottery *

Dates: Wednesdays, June 13 - Aug. 8

(eight sessions)

Time: 10 a.m.

Fee: \$8



Hand-building is taught by Margo Borg for members who have experience working with clay.

Minimum: 6 **Maximum:** 8

Beginning English

Dates: Tuesdays

Time: 11 a.m.

Free

Basic English instruction incorporating listening and pronunciation activities led by Lisa Bonvillain.

Conversational English

Dates: Tuesdays

Time: 12:30 p.m.

Free

Participants discuss a range of topics. All levels accepted. Help and support from instructor and peers.

Minimum: 10 **Maximum:** 20

*Remember all City
Offices are are closed
on July 4!*

Fitness Levels for Exercise Classes

Do you wonder whether you should try some of the classes we offer? Now you can make a determination based on your own fitness level and preference of workout intensities by checking on the calendar page.

Embroider with Jane

Mondays at 2 p.m.

Free help with your project.

Knitters & Cross-Stitchers

Tuesdays at 9 a.m.

Quilting Work Session

Friday at 1 p.m.

Bring your own materials and equipment. Share experience and ideas.

"Ritmo Latino"

Thursdays at 11 a.m.

Move with Olympia Huff to Latin rhythms.

MAH JONGG

**Classes will resume
in August!**

Genealogy

Date: Monday, July 16

Time: 11 a.m.

Fee: \$8

Learn what items to include in a family history prepared by you. Feel free to join the class even if you missed earlier classes.

Minimum: 6 **Maximum:** 12

Book Discussion

Thursday, July 22

2 p.m.

Free!

Book: Digging to America

Author: Anne Tyler

The Gaithersburg Upcounty Senior Center


JULY 2007

www.gaithersburgmd.gov



Gaithersburg
301-258-6380

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>"Dames at Sea"</i>	2 9am Exercise 10am Exercise 11am Step 2 Music 12:30pm Mah Jongg 12:45pm Senior Council 12:50pm Bingo 2pm Computer 101 2pm Embroidery 3pm Core and More	3 8:30am Longevity Stick 9am Energize 9am Cross Stitch/Knit 9:30am Poker 10am Computer Help 10am Chair Exercise 11am Beg. English 11am Yoga 12:30pm Conversation English 12:30pm Bridge 1pm Mah Jongg	4 July 4 Holiday  Senior Center Closed	5 8:30am Longevity Stick 9am Energize 9:30am Poker 10am Chair Exercise 11am Stroke Support 11am Ritmo Latino 12:30pm Bridge 12:45pm Hispanic Book Club	6 9am Exercise 10am Exercise 10 am Computer Help 10:30am Watercolor 12:50pm Bingo 1pm Quilting 3pm Core and More	7
8	9 9am Exercise 10am Exercise 11am Step 2 Music 12:30pm Mah Jongg 12:30pm Internal Light 12:50pm Bingo 2pm Book Club 2pm Embroidery 2pm Computer 101 3pm Core and More	10 AARP 8:30am Longevity Stick 9am Cross Stitch/Knit 9am Energize 9:30am Poker 10am Computer Help 10am Day of Beauty 10am Chair Exercise 11am Beg. English 11am Yoga 12:30pm Conversation Eng. 12:30pm Children's Inn 12:30pm Bridge 2 pm Int. Ballroom 3 pm Beg. Ballroom	11 9am Exercise 10am Exercise 10am Int. Pottery 11am Step 2 Music 11am Meditation 11am Singing Seniors 12:45pm Calcium Lecture 1pm Crochet 1pm Caregivers 1pm Ballet <div>Ice Cream Social</div>	12 8:30am Longevity Stick 9am Energize 9:30am Poker 10am Chair Exercise 11am Internet 11am Stroke Support 11am Ritmo Latino 12:30pm Bridge 12:45pm Hispanic Book Club	13 9am Exercise 10am Exercise 10 am Computer Help 10:30am Watercolor 12:50pm Bingo 1pm Quilting 3pm Core and More <div>Trip to Baltimore</div> <div>Nurse is In 9 a.m. - 3:00 p.m.</div>	14

15**16**

9am Exercise
 10am Exercise
 11am Step 2 Music
 11am Genealogy
 12:30pm Mah Jongg
 12:50pm Bingo
 2pm Embroidery
 2pm Book Club
 2pm Computer 101
 3pm Core and More

17

8:30am Longevity Stick
 9am Cross Stitch/Knit
 9am Energize
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Conversation Eng.
 1pm Mah Jongg

**Dale Jarrett
 performs**

18

9am Exercise
 10am Exercise
 10am Int. Pottery
 11am Step 2 Music
 11am Singing Seniors
 11am Meditation
 12:45pm Laughter
 Lecture
 1pm Crochet
 1pm Ballet

*"Godspell" at
 Olney Theatre*

19

8:30am Longevity Stick
 9am Energize
 9:30am Poker
 10am Chair Exercise
 11am Ritmo Latino
 11am Stroke Support
 12:30pm Bridge
 12:45pm Hispanic
 Book Club

**Lunch Bunch to
 Jaymar**

20

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 12:50pm Bingo
 3pm Core and More

**9 am - 4 pm
 Wellness
 Screenings**

*Nurse is In
 9 a.m. - 3:00 p.m.*

21**22****23**

9am Exercise
 10am Exercise
 11am Step 2 Music
 12:30pm Mah Jongg
 12:30pm Internal Light
 12:50pm Bingo
 2pm Embroidery
 2pm Computer 101
 3pm Core and More

24 Trip to Monestary & Arboretum

8:30am Longevity Stick
 9am Cross Stitch/Knit
 9am Energize
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Bridge
 12:30pm Conversation Eng.
 1pm Mah Jongg
 2 pm Int. Ballroom
 3 pm Beg. Ballroom

25

9am Exercise
 10am Exercise
 10am Int. Pottery
 10:30am Blood Pressure
 11am Step 2 Music
 1pm Crochet
 11am Meditation
 11am Singing Seniors
 1pm Ballet
 2pm Caregivers

*Birthday
 Celebration*

**26**

8:30am Longevity Stick
 9am Energize
 9:30am Poker
 10am Chair Exercise
 11am Ritmo Latino
 11am Stroke Support
 12:30pm Bridge
 12:45pm Hispanic Book Club
 2pm Book Discussion

*International
 Fashion Show*

27

9am Exercise
 10am Exercise
 10 am Computer Help
 10:30am Watercolor
 12:50pm Bingo
 1pm Quilting
 3pm Core and More

*Nurse is In
 9 a.m. - 3:00 p.m.*

28**29****30**

9am Exercise
 10am Exercise
 11am Step 2 Music
 12:30pm Mah Jongg
 12:50pm Bingo
 2pm Embroidery
 2pm Computer 101
 3pm Core and More

31

8:30am Longevity Stick
 9am Energize
 9am Cross Stitch/Knit
 9:30am Poker
 10am Computer Help
 10am Chair Exercise
 11am Beg. English
 11am Yoga
 12:30pm Conversation Eng.
 12:30pm Bridge
 1pm Mah Jongg
 2 pm Int. Ballroom
 3 pm Beg. Ballroom

Fitness Levels for Exercise Classes

Do you wonder whether you should try some of the classes we offer? Now you can make a determination based on your own fitness level and preference of workout intensity by checking below.

M, W & F

9am Exercise= High Intensity
 10am Exercise= All Abilities

M & W

11am Step 2 Music= Gentle

M & F

3 pm Core & More = High Intensity

Tu & Th

8:30am Longevity Stick= High Intensity
 9am Energize= High Intensity
 10 am Chair Exercise= Gentle

Tu

11 am Yoga = All Abilities

Th

11 am Ritmo Latino = All Abilities

ACTIVITIES AND TRIPS



***“Dames at Sea”* at Montgomery College Summer Dinner Theatre**

Date: Sunday, July 1

Depart: 11:45 a.m.

Return: 5 p.m.

Fee: \$36 (includes transportation, show and buffet)

Deadline: Friday, June 22

"Dames At Sea" will charm you with its wide-eyed innocence, as love blooms, taps fly and confusion reigns in this fast paced Busby Berkeley-style Hollywood musical.

Minimum: 20

Maximum: 25



***“Godspell”* at Olney Theatre**

Lunch at The Inn at Brookville Farms

Date: Wednesday, July 18

Depart: 9:15 a.m. **Return:** 3:30 p.m.

Fee: \$40 (includes transportation, show, three-course lunch, beverage and tip)

Deadline: Tuesday, July 3

Based on the Gospel according to St. Matthew, *GODSPELL* is one of the most successful musicals in history. It presents a whimsical view of Jesus while telling the story of hope, compassion and forgiveness. The show is at 10:15 a.m. Afterwards we'll eat at an elegant inn. Menu choices are on the program sheet.

Minimum: 20

Maximum: 25

Trip to Brookside Gardens

“Wings of Fancy - Live Butterfly Exhibit”

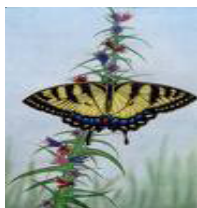
Lunch in Silver Spring's Revitalized Downtown

Date: Friday, Aug. 3

Depart: 9:15 a.m.

Return: 4 p.m.

Fee: \$10 (includes transportation and entrance to exhibit)



Inside the conservatory Asian, Costa Rican, and North American butterflies flutter among the flora. Outside you can wander through the rose garden, fragrance garden, Japanese garden, and other formal plantings. At noon we will leave to go to downtown Silver Spring. There are many restaurant choices. You will be free to choose a restaurant, shop, see a movie at AFI, admire art, or just people-watch. Please be back at the drop off point by 3:15 p.m.

Minimum: 20

Maximum: 33

***“Titanic”* at**

Toby's Dinner Theatre

Columbia, MD

Date: Wednesday, Sept. 5

Depart: 9:30 a.m.

Return: 4 p.m.

Fee: \$41 (includes transportation, show, buffet and tip)

Deadline: Wednesday, Aug. 1

The story stays true to that night in April 1912 when the gigantic luxury liner struck an iceberg. More than 1,500 of the 2,200 passengers onboard perished when the ship sank to the bottom of the frigid Atlantic. This musical not only deals with man's often misguided faith in technology but the class system of the Edwardian Age and the quest for the American dream.

Minimum: 20 **Maximum:** 33

Day of Beauty

Tuesday, July 10

10 a.m. – noon

Free manicures will be offered by the Aesthetics Institute of Cosmetology. Please sign up on the program sheet and you will be given a time slot. If you miss your time your space will go to the next person waiting.

Minimum: 10 **Maximum:** 30

ACTIVITIES AND TRIPS

Senior Day at the Montgomery County Fair Tuesday, Aug. 14

Free Admission for Seniors

The **Senior Center will be closed** so that everyone can participate in the fun.

Drive yourself, take a shuttle from Lake Forest Mall, or sign up on the program sheet for transportation from the Senior Center. Bus riders will be picked up as usual; there will be a stop at the Senior Center around 9:45 a.m. to pick up those who want to park at the Center; then all will be transported to the Fair. If you come on the bus we will expect you to return on the bus unless you notify staff.

Departure time from the fair will be 2 p.m.

We'll meet at the air-conditioned Heritage Garden Room for free coffee, donuts and down-home entertainment before heading out to see the animals, horticulture, games, crafts and vendors. Seating is limited.



Lunch Bunch

Jaymar Colombian

Breeze Restaurant

348 Main St. in the Kentlands
Gaithersburg

Date: Thursday, July 19

Depart: 11 a.m.

Return: 1:45 p.m.

Fee: \$4 (transportation only)

Deadline: Tuesday, July 17

Taste authentic Columbian cuisine in an intimate restaurant. Drivers please register for reservation purposes.

Minimum: 10 **Maximum:** 25

Trip to Manassas Civil War Battlefield Lunch at City Square Café

Date: Monday, Aug. 20

Depart: 8:30 a.m. **Return:** 5 p.m.

Fee: \$29 (includes transportation, tour and movie, lunch, beverage, dessert and tip)

Deadline: Monday, Aug. 13

At 10 a.m. we will take the Henry Hill 45 minute walking tour (one mile loop) led by a park ranger. Back at the visitor center at 11 a.m. we will see the film "Manassas: End of Innocence", then explore the exhibits. Depart for lunch at 12:30 p.m. to the historic district of the town and eat at City Square Café (lunch choices on the program sheet.) After lunch you'll be free to visit shops, museums and the Hopkins Candy Factory Arts Center (map provided). Be at the drop off point at 3:30 p.m. to return to Senior Center. Lots of walking.

Minimum: 20 **Maximum:** 33

Trip to the Renaissance Festival

Crownsville, MD

Date: Monday, Sept. 3

(Note: Center is closed for Labor Day)

Depart: 10 a.m.

Return: 4 p.m.

Fee: \$7 (transportation only)

The Maryland Renaissance Festival is a recreation of a 16th century English village, set on a beautiful 25-acre wooded site. The village consists of craft and food booths, five pubs, ten major stages, a Jousting Arena and lots of games. Henry VIII and his Royal Court will visit and the village will have entertainment, crafts, food, and frivolity in his honor. It's Senior Day so you enter Free! Lunch will be purchased on your own. You will meet at the drop off point at 3 p.m. to return to the Center.

Minimum: 20

Maximum: 33



THANK YOU!

Thanks to all who donated and/or purchased items and who helped set up, sell, and clean up at our Spring Bazaar. We earned \$721 for the Senior Center. You do have the power to make a difference!

SUPPORT SERVICES

Maryland Senior Legal Hotline

1-800-896-4213 ext. 7750

Monday, Tuesday, Wednesday and Friday: 9:30 a.m. - 3 p.m.

Thursday: 9:30 a.m. - 1 p.m., 6 - 8 p.m.

For residents of Maryland age 60 or older, this service allows you to talk to a lawyer about public benefits, long term care, neglect, Medicare, access to health care, exploitation, utilities, medical assistance, third-party decision making, landlord/tenant, consumer problems and more.

Caregiver's

Do you have a parent, spouse, friend or adult-child for whom you are the primary caregiver?

Support Group will return in September!

Call 301-258-6380.

Senior Information and Assistance

Carol Smith is at the Center several Thursdays a month. She can help with information on senior housing, financial assistance, Medicare and Medicaid and provide help in filling out forms!

Sponsored by Dept. of Health and Human Services.
Call 301-258-6380 for an appointment.

Stroke Folks

Date: MONDAYS

Time: 11 a.m.

Members of the Stroke Folks have all survived strokes.

They meet each Thursday to play games, discuss the hot topics of the day and have lunch.

NOTE: Group will meet Mondays at 11 a.m. starting July 2.

Social Worker Hours

Maggie Wesley will be away after July 3 and will return in September. Another social worker will be here in her place but the hours may be different. Please call 301-258-6380 for an appointment.

Senior Nutrition Program

Lunch is served at the Center at noon, Monday - Friday. Lunches are provided through the auspices of the Montgomery County Department of Health and Human Services Senior Nutrition Program. Lunch reservations can be made in person or by calling the Center at 301-258-6380 no later than

2 p.m. the day before the reservation is needed. The full cost of the meal is \$4.50. For persons age 60 and older who complete a registration form to document age, the meal is available for a voluntary contribution. Contributions are used to purchase more meals, so please contribute to the fullest extent possible.

Guests younger than 60 must pay the full cost of the meal!



Internal Light



Monday, July 9 & 23

12:30 p.m.

This program is for senior adults with visual impairments. Evelyn Saile will talk about the different eye conditions that affect the elderly, the latest research to help their conditions and offer suggestions and moral support for living with declining vision.

For information call 301-881-0100 x 6748.

In Sympathy

Sympathy is extended to the family and friends of Andrakic Petrosian and Seichi Hanagami who recently passed away.



Noticias de Mucho Interes para los Seniors de Habla Hispana

“Valoramos su felicidad. Por favor díganos como podemos animarle, honrarle sus tradiciones y aumente su salud y bienestar social.”

<u>Evento</u>	<u>Día</u>	<u>Hora</u>
Celebración de cumpleaños	25 de	12:45 p.m.
Tomarse la Presión	27 de	10:30 a.m.

CLASE DE INGLES PARA PRINCIPIANTES

Día: martes

Gratis! Hora: 11 a.m.

INGLES - Conversacion

Día: martes

Hora: 12:30 p.m.

Costo: gratis

DISCUSION EN ESPAÑOL SOBRE UN LIBRO LLAMADO: VENCIENDO

LAS PREOCUPACIONES

Por los Autores: George y Helen Jesze

Día: Jueves

Hora: 12:45 – 1:45 p.m.

Dirigido por: Luz Maria Freytes

“ENCANTO DE DIOS”/TEATRO DE OLNEY

Almuerzo en la posada de la finca de Brookville

Día: miércoles 18 de julio

Salida: 9:15 a.m. **Retorno:** 3:30 p.m.

Costo: \$40 (Incluye la transportación, show, almuerzo, bebidas y propina)

Fecha de vencimiento: martes 3 de julio

Esta historia musical está basada en el evangelio según san Mateo. Representa una mirada caprichosa de Jesús mientras narra una historia de esperanza, compasión y perdón. El show es a las 10:15 a.m. y después almorzaremos en una elegante posada. El menú está en la hoja del programa y usted puede escoger lo que desee comer.

Mínimo: 20 **Máximo:** 25

DIA DE BELLEZA

Día: martes 10 de julio

Hora: 10 a.m. – 12n.

El Instituto Estético de Cosmetología les ofrecerá manicura gratis. Si desea participar por favor marque la hoja del programa.

EVENTO SOCIAL CON SABOR DE HAWAII PARA CONOCER A NUESTRAS FAMILIAS

Día: miércoles 11 de julio

Hora: 6:30 p.m. – 8:30 p.m.

Costo: Gratis

Venga con su familia a saborear un delicioso helado con todos sus adornos. Vístase con ropa colorida de flores porque estaremos celebrando este evento al estilo Hawaiano. Por favor regístrese en la hoja del programa indicando el número de personas que vendrán con usted.

VIAJE AL JARDIN NACIONAL Y EL MONASTERIO FRANCISCANO

Washington, DC

Almuerzo en la Taverna del Coronel Brooks

Día: martes 24 de julio

Salida: 9 a.m. **Retorno:** 4:30 p.m.

Costo: \$28 (incluye la transportación, excursión, almuerzo y propina)

Fecha de vencimiento: viernes 20 de julio

A las 10 a.m. una guía nos enseñará el bello jardín donde podemos apreciar lindas flores y hierbas. A las 12n. almorzaremos en la Taverna del Coronel Brooks (puede escoger su almuerzo en la hoja del programa) y después de almorzar iremos al Monasterio Franciscano que es la iglesia del santo sepulcro. Por favor lleve zapatos apropiados porque en este viaje se caminará bastante.

PROGRAMA DE DIVERSIDAD – DESFILE DE MODAS

Día: jueves 26 de julio

Hora: 12:45 p.m.

Traiga sus trajes elegantes que usa en ocasiones especiales. Especialmente si tiene algo tradicional de su país o histórico. Tomaremos muchas fotos.

ALMUERZO EN GRUPO AL RESTAURANTE JAYMAR BRIZA COLOMBIANA

348 Main St. (Kentlands), Gaithersburg

Día: jueves 19 de julio

Salida: 11 a.m. **Retorno:** 1:45 p.m.

Costo: \$4 (solo la transportación)

Fecha de vencimiento: martes 17 de julio

Este restaurante ofrece un variado menú auténtico Colombiano. Si va a manejar su propio vehículo también le pedimos que se registre en la hoja del programa para así nosotros hacer la reservación con el número apropiado. Usted pagará en efectivo su almuerzo ese día.

Mínimo: 10

Máximo: 25

VIAJE AL JARDIN DE BROOKSIDE

Alas de fantasía – exhibición de mariposas vivas

Almuerzo en Silver Spring

Día: viernes 3 de agosto

Salida: 9:15 a.m. **Retorno:** 4 p.m.

Costo: \$10 (este costo incluye la transportación y entrada ala exhibición) Dentro del conservatorio usted podrá apreciar mariposas de Asia, Costa Rica y América del Norte. Afuera podrá disfrutar de la fragancia de rosas, flores y el jardín de Japón. A las 12n. iremos a almorzar al Centro de Silver Spring donde usted puede seleccionar el restaurante o comida que desee. A las 3 p.m. el bus los recogerá en el mismo lugar donde los dejó para almorzar.

Mínimo: 20

Máximo: 25

FIESTA EN EL CENTRO “MI DIA GRIEGO Y GORDO”

Día: miércoles 1º. de agosto

Hora: 4 a 6 p.m. (película mi boda Griega y gorda)

6 a 8 p.m. danza y refrescos

Venga a disfrutar de una graciosa película y fiesta. Habrá música Griega, de banda, música étnica y por supuesto de nuestros tiempos pasados. Por favor vístase con colores Griegos que son blanco y azul.

**Gaithersburg
City Officials**

Mayor
Sidney A. Katz

Council Vice President
Stanley J. Alster

Council Member
Geri Edens

Council Member
Henry F. Marraffa, Jr.

Council Member
John B. Schlichting

Council Member
Michael A. Sesma

City Manager
David B. Humpton



**Gaithersburg Upcounty
Senior Center Staff**

Director
Grace Whipple

Program Supervisor
Denise Mornini

Recreation Assistant
Olympia Huff

Administrative Secretary
Yoland Bastian

Receptionist
Gloria Sichelman

Custodian
Andres Castillo

Newsletter Layout/Design
Karen Simms

Bus Driver
Sherri Schwartz

**Gaithersburg Upcounty Senior Center
80A Bureau Drive
Gaithersburg, MD 20878-1431**

JULY 2007

(For Office Use Only)

Processed _____

If you plan to attend any activity, function or class, you must preregister by returning this form to the **Gaithersburg Upcounty Senior Center, 80A Bureau Dr., Gaithersburg, MD 20878**, either in person or by mail. If there is a fee, your payment must accompany this form. Make check payable to the City of Gaithersburg, unless otherwise noted. ***Place a check mark in the box by the activities you want to attend.***

Name _____ Telephone _____

Street _____ City/St/Zip _____

Registration begins July 5, 2007 at 11 a.m.

ACTIVITY #	EVENT	DATES	FEE
22673	Intermediate Pottery	June 13 – Aug. 8	\$8
22737	AARP – 55 Alive Mature Driving	Aug. 17 & 24	\$10
22650	Beginning Ballroom Dance	6/12 – 7/10, 24, 31	\$20
22651	Intermediate Ballroom Dance	6/12 – 7/10, 24, 31	\$20
22648	Ballet for Seniors	July 11 – Aug. 1	\$20
22738	Genealogy	July 16	\$8
22649	Yoga Adapted for Seniors	June 26 – Aug. 7	\$28
22624	“Dames at Sea” at Montgomery College	July 1	\$36
22736	Day of Beauty	July 10	N/A
22635	Meet our Families Hawaiian Ice Cream Social	July 11	N/A
	_____ Number of guests		
22732	My Big Fat Greek Senior Center Party	Aug. 1	\$10
22631	Ride the Baltimore Ducks (Full – Taking a waitlist)	July 13	\$29
22632	“Godspell” @ Olney Theatre/Lunch-Brookville Farms	July 18	\$40
	<input type="checkbox"/> Rosemary Garlic Chicken Breast sandwich <input type="checkbox"/> Pasta with sautéed Tenderloin Tips		
22727	Lunch Bunch - Jaymar Colombian Breeze Restaurant	July 19	\$4
	Transport <input type="checkbox"/> Yes <input type="checkbox"/> No		
22718	Trip to National Arboretum & Franciscan Monastery	July 24	\$28
	<input type="checkbox"/> Baked Salmon Caesar Salad <input type="checkbox"/> Pasta Florentine <input type="checkbox"/> Grilled Steak and Mushrooms		
22729	Trip to Brookside Gardens for “Wings of Fancy: Live Butterfly Exhibit”		
	Lunch in Downtown Silver Spring	Aug. 3	\$10
22731	Senior Day at the Montgomery County Fair	Aug. 14	N/A
	Bus Transport <input type="checkbox"/> Yes <input type="checkbox"/> No		
22730	Manassas Civil War Battlefield/Lunch at City Square Café Aug. 20		\$29
	<input type="checkbox"/> Grilled Chicken Breast sandwich <input type="checkbox"/> Veggie delight sandwich <input type="checkbox"/> Cheddar Cheeseburger		
	<input type="checkbox"/> Grilled Ham, Apple & Swiss sandwich		
22733	Trip to Renaissance Festival Crownsville, MD	Sept. 3	\$7
22728	“Titanic” at Toby’s Dinner Theatre	Sept. 5	\$41

Registrations will not be processed until the registration date.

Amount Paid \$ _____ Cash ☐ Check# _____

Visa/MC/Discover# _____ Exp. Date ____/____

Signature/Name on card _____



Gaithersburg

A CHARACTER COUNTS! CITY

Gaithersburg Upcounty Senior Center Activity Release for MEMBERS

I, the undersigned, hereby agree not to hold the Trip Managers, and/or individual members of the Gaithersburg Upcounty Senior Center, or the City of Gaithersburg, its employees, agents or servants, liable in any way for any loss, injury or damage of any kind to person or property. This statement applies to all scheduled activities at the Senior Center, off-site or in City Vehicles.

When participating in an activity, at the Senior Center or off-site, I agree:

- 1.) To obey the rules and regulations for each activity, follow all directives and adhere to the agenda as outlined by the staff.
- 2.) That if I do not clearly understand how an activity is performed or details of a trip, I will ask a staff member prior to the beginning of the program to clarify my questions.
- 3.) To inform staff prior to the activity or trip, if I have any problems meeting the physical requirements necessary for participation in the activity.
- 4.) I agree to listen carefully to the details and timing of the trip and be fully prepared to meet and board the bus at the proper designated place and time. I understand that, in the City's sole discretion, I may be responsible for paying any and all reasonable charges the City may incur as a result of my failure to meet and board the bus at the proper designated place and time.
- 5.) I agree to stay with the group on trips, unless "free time" is specifically stated in the description.

Furthermore, I understand that as a participant of the program I will be expected to depart the Gaithersburg Upcounty Senior Center and return to the said location with the group. Any deviation to the activity itinerary will **preclude** me from participating in future trips, activities or other off-site adventures.

☐ **Check if you need special accommodations.**

The City of Gaithersburg is committed to making reasonable accommodations as required by the Americans with Disabilities Act. Requests must be made prior to the start of the program. Please indicate what accommodations are needed: _____

Signature

Date

Do we have your updated Emergency Contact Information?

Name : _____ **Phone:** _____